



YogaCourse.com

THE ART OF BACK BENDING



EXPLORING BACKBENDS

THIS MINI COURSE INTEGRATES ANATOMICAL PRINCIPLES, HEALTHY ALIGNMENT, AND FUN STRETCHES TO LOOSEN UP YOUR BODY FOR BACKBENDS. BUILD YOUR BACKBEND PRACTICE FROM THE FOUNDATION UP WITH THIS PROGRESSIVE MINI COURSE, THAT IS IDEAL FOR ANYONE NEW TO YOGA, OR ANY STUDENT LOOKING TO RECONNECT WITH THE FUNDAMENTALS OF BACK BENDING.

THIS COURSE WILL GIVE YOU ALL THE SUPPORT YOU NEED WHILE HELPING YOU IMPROVE SPINAL FLEXIBILITY, OPEN THE FRONT BODY, AND STRENGTHEN THE BACK BODY. ADDITIONALLY, YOU WILL ACTIVATE AND BUILD AWARENESS OF THE DEEP MUSCLES NEEDED TO ACHIEVE SAFE AND FOUNDATIONALLY STABLE BACKBENDS.

BACKBENDS ARE SOME OF THE MOST THERAPEUTIC POSTURES IN YOGA; THEY IMPROVE SPINAL FLEXIBILITY AND STRENGTH AND STIMULATE THE NERVOUS SYSTEM TO HELP RELIEVE STRESS AND ANXIETY.

THESE BENEFITS WILL HAVE YOU LEAVING EACH SECTION FEELING ENERGISED, LIBERATED, AND OPEN IN YOUR MIND AND BODY. MORE IMPORTANTLY, YOU WILL BE EMPOWERED WITH THE KNOWLEDGE TO CONTINUE YOUR BACK BENDING JOURNEY WITH CONFIDENCE AND CARE.

THIS COURSE IS FOR YOU IF:

- **WANT TO LEARN BACKBENDS BUT DO NOT KNOW HOW OR WHERE TO START.**
- **LEARN THE TECHNIQUES AND FEEL CONFIDENT ABOUT BACK BENDING**
- **BUILD STRENGTH, MOBILITY, AND BODY AWARENESS**
- **HOW TO WORK WITH FEAR AND DIRECT IT INTO BUILDING SELF-BELIEF**

THIS IS A MINI COURSE FOR ANYONE WANTING TO TAKE THEIR BACKBENDS TO THE NEXT LEVEL. WE WILL EXPLORE SOME FUN BUT CHALLENGING MOVEMENTS IN WAYS THAT EMPOWER AND STRENGTHEN AND BUILD SELF-TRUST. WE WILL GIVE YOU TOOLS AND TIPS TO TAKE INTO YOUR YOGA PRACTICE SO YOU CAN CARRY ON IMPLEMENTING WHAT YOU LEARN IN THIS COURSE FOR WEEKS, MONTHS, AND YEARS TO COME!

YOUR INVESTMENT:

THE EXPLORING BACKBENDS WORKSHOP COST IS £50 (PAYMENT IN FULL ONLY)



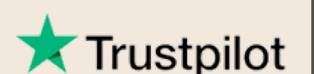
FOR ANY FURTHER INFORMATION PLEASE CONTACT US AT
[INFO@YOGACOURSE.COM](mailto:info@yogacourse.com)

TO COMPLETE YOUR REGISTRATION FOR THIS COURSE PLEASE VISIT
WWW.YOGACOURSE.COM

WE ARE HERE FOR YOU EVERY STEP OF THE WAY AND CAN'T WAIT
FOR YOU TO JOIN US ON THIS INCREDIBLE JOURNEY



The Daily Telegraph



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